



Happy for No Reason: 7 Steps to Being Happy from The Inside Out (Chinese Edition)

Marci Shimoff, Carol Kline

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In the book Happy for No Reason, a set of groundbreaking approaches based on advanced theories in positive psychology and neurophysiology, and also the authors personal experience and research are put forward. Besides, the author lists many practical and applicable mental and physical exercise approaches. The book emphasizes the idea that once you finish the simple, powerful and effective seven things in life, you will embrace the happiness and the sense of belonging through positive acts whatever favorable circumstances or adverse situation.

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